

# Adaptation of the life review intervention \*Looking for meaning\* for general practice

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The aim of this pilot study is to gain insight into the impact, feasibility and acceptability of an adapted LFM course for general practice.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Mood disorders and disturbances NEC
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON45642

### Source

ToetsingOnline

### Brief title

'Looking for meaning' in general practice

### Condition

- Mood disorders and disturbances NEC

### Synonym

Depressive symptoms, gloom

### Research involving

Human

### Sponsors and support

**Primary sponsor:** Trimbos-instituut

**Source(s) of monetary or material Support:** ZonMw

## Intervention

**Keyword:** Community dwelling elderly, Depressive symptoms, General practice, Life review

## Outcome measures

### Primary outcome

The primary outcomes are the differences in depressive symptoms (primary outcome), anxiety, psychological wellbeing and mastery (secondary outcomes) as reported by the older adults before and after the LFM intervention. Another important endpoint of this study is the feasibility and acceptability of the adapted LFM course.

### Secondary outcome

Therefore, secondary outcome measures in this study are:

- Anxiety symptoms, measured with the Hospital Anxiety Depression Scale-Anxiety subscale (HADS-A).
- Psychological wellbeing, measured with the Dutch version of the Philadelphia Geriatric Center Morale Scale (PFCMS) which consists of 17 items (Lawton, 1975).
- Mastery, measured with the Dutch version of the Pearling Mastery Scale (Pearlin & Schooler, 1978) which consists of 5 items.

## Study description

### Background summary

Depression in older adults is a serious health problem. Having depressive symptoms (DS) is an important risk factor for developing a clinical depression in older adults. In the Netherlands, the mental health care nurse practitioners (MHCNP) have an important role in signalling and providing easily accessible

and confined treatment for mental health problems. However, appropriate and evidence-based interventions for older adults in this setting to be provided by a MHCNP are lacking. Life review therapy (LR) is an intervention effectively reducing DS that suits older adults and could very well be provided in general practice by MHCNPs. A specific example of a LR intervention is the group course \*Looking for meaning\* (LFM). LFM combines life review therapy with creative therapy and has originally been developed for community dwelling older people with DS to be provided by a psychologist and a creative therapist of a prevention department of specialized mental health care organization.

## **Study objective**

The aim of this pilot study is to gain insight into the impact, feasibility and acceptability of an adapted LFM course for general practice.

## **Study design**

A pilot study will be performed which exist of an impact study and a process evaluation. Eight MHCNPs will be trained to carry out a total of eight LFM courses. The researchers will interview all participants of these eight courses (n=64) before and after the LFM course to gain insight in the acceptability, feasibility and impact of LFM. Furthermore, in-depth interviews will be held with all MHCNPs and one older adult per course group. During the intervention MHCNPs will keep a log.

## **Intervention**

Eight groups of eight participants will follow the weekly LFM course including sensory and creative exercises provided by a MHCNP. The first part of the course is mainly focused on the search for meaningful memories. The sensory exercises include looking at images, hearing sounds, smells and tastes. These experiences eminently stimulate autobiographical memory. Creative exercises are used like making collages and paintings to let participants express themselves without the need to verbalize their experiences.

## **Study burden and risks**

Looking back on life can be threatening, especially for people of 65 years and older, since an important part of life is already finished. Participants will also be asked about depressive symptoms, which could make participants aware of these symptoms. Course leaders will be trained to deal with upcoming emotions and will comfort participants consistently by emphasizing that the right choices were made under the given circumstances. Participants are well aware of the content of the course and research and agreed to voluntarily participate. The life-review course \*Looking for Meaning\* has previously resulted in a reduction of depressive and anxiety symptoms and improved wellbeing of

participants. Therefore, we do not expect many burden for participants. Taken all the above in account, we expect that the risk of the intervention and the expected burden of the study is small in proportion to the potential value.

## Contacts

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### Scientific

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## Trial sites

### Listed location countries

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

- \* The participant is over 65 years old;
- \* The participant shows depressive symptoms (score ranging between 5-25 on the CES-D scale)
- \* The participant is community dwelling;
- \* The participant speaks the Dutch language;
- \* The participant is willing to sincerely participate in group activities including both reviewing life and participating in creative assignments.

## Exclusion criteria

- \* Patients with signs of a major clinical depression (a score greater than or equal to 25 on the CES-D);
- \* Patients with too little depressive symptoms (CES-D score < 5);
- \* Patients who already receive psychotropic or psychological treatment for depression;
- \* Patients with major cognitive limitations;
- \* Patients who are suicidal;
- \* Patients with severe hearing and visual impairments despite the use of devices.

## Study design

### Design

Study phase:	2
Study type:	Interventional
Masking:	Open (masking not used)
Control:	Uncontrolled
Primary purpose:	Prevention

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	31-07-2017
Enrollment:	64
Type:	Actual

## Ethics review

Approved WMO	
Date:	17-07-2017
Application type:	First submission
Review commission:	METC Amsterdam UMC
Approved WMO	
Date:	05-09-2017

Application type: Amendment  
Review commission: METC Amsterdam UMC

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

### In other registers

Register	ID
CCMO	NL61176.029.17